

# Vegetable Stew

**Makes:** 8 servings

## Ingredients

- 3 cups** water
- 1** vegetable bouillon (low sodium, cube)
- 2 cups** white potatoes (cut into 2-inch strips)
- 2 cups** carrot (sliced)
- 4 cups** summer squash (cut into 1-inch chunks)
- 1 cup** summer squash (cut into 4 chunks)
- 1 can** sweet corn (15 ounces, rinsed and drained)
- 1 teaspoon** thyme
- 2** garlic (cloves, minced)
- 1** green onion (stalk, chopped)
- 1/2** green chile pepper (small, chopped)
- 1 cup** onion (coarsley chopped)
- 1 cup** tomatoes (diced)

## Directions

- Put water and bouillon in large pot and bring to a boil.
- Add potatoes and carrots and simmer for 5 minutes.
- Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
- Remove 4 chunks of squash and puree in blender.
- Return pureed mixture to pot and let cook for 10 minutes more.
- Add tomatoes and cook for another 5 minutes.
- Remove from heat and let sit for 10 minutes to allow stew to thicken.

US Department of Health and Human ServicesNational Institutes of HealthNational Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	31 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	210 mg	9%

